How to Massage Your Baby

**Start at the Bottom**

**LEG LOOSENER** While holding your baby’s head in one hand, use the other hand to stroke from his buttocks up to his feet. Don’t squeeze; just relax your hand and mold it to your baby’s leg as you go. Repeat the motion in reverse, stroking from his feet back down to his buttocks.

**THIS LITTLE PIGGY** Hold his foot with one hand while you rotate each toe gently with the other hand. You can chant the nursery rhyme in a soft, sing-song voice. Then, with your thumb pressed against the sole of your baby’s foot, flex his foot up and down. Repeat with the other foot.

**ROLLING ON** Roll your baby’s legs from the knee to the ankle. With the same smooth motion you would use to roll strings out of soft clay.

**Move to the Middle**

**HEART STROKE** With your hands resting flat on your baby’s rib cage and pointing slightly inward, trace the shape of a heart—up, out, and around his chest (1).

**BELLY LAUGHS** Place one hand over your baby’s belly button and stroke downward. Follow immediately with the other hand. Repeat to create a rhythmic, wave-like motion (2). As a variation, use one hand to raise your baby’s legs while gently stroking his belly with the other.

**CHEST, SHOULDERS, AND ARMS** Start with your hands next to each other on top of your baby’s rib cage (3). Then move them in a single continuous stroke up his chest, over his shoulders, and all the way down his arms.

**Top It Off**

**COVER UP** With your fingers against your baby’s forehead, slide your hands down his face, gently massaging his temples (a). With your thumbs alongside his nose, move your hands across his cheeks so he coos between them.

**GET CHEEKY** Making small circles with your fingers, massage both sides of your baby’s jaw close to his cheeks (b). Make larger circles around the back of his ears; come up under his chin. Press forward beneath his jaw so he has a double chin, then smile and whisper his name.